

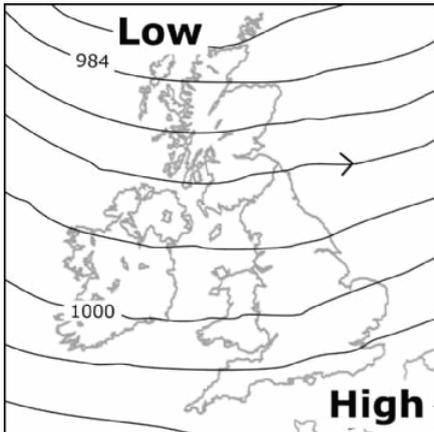
Lake District

The entire Lake District National Park, taking in all major summits, including Scafell, Helvellyn, Skiddaw, the Langdales and Old Man of Coniston.



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General Summary for Friday, 13 March, 2026



**British Mountain Summary:
Based on forecast chart for noon 13 March, 2026**

Cold widely gale force upland winds around a deep low north of Scotland, will bring a succession of snow and hail showers to the mountains. Cloud will extensively cover the mountains (the highest cloud base well inland afternoon). Much higher terrain will be below freezing point.

Headline for Lake District

Upland gales; frequent squally hail and snow showers. Fog.

Detailed Forecast for Friday, 13 March, 2026

How windy? (On the summits)	West to southwesterly 45-55mph post dawn. Will tend to ease toward 40-45mph, but very gusty near precipitation.
Effect of wind on you?	Challenging walking particularly morning on exposed higher terrain, considerable buffeting and significant wind chill.
How wet? (Precipitation and its impact)	Frequent hail and snow showers, small risk thunder Showers with hail and above 300, later 550m snow. Sometimes precipitation very frequent giving almost constant precipitation over an hour or so. Small risk thunder.
Cloud on the hills?	Covering higher fells most or perhaps all day Cloud base varying sometimes quickly: near precipitation shafts of cloud 450m or lower and persistent higher fells. During drier periods cloud base typically 600 to 750m.
Chance of cloud free summits?	20%
Sunshine? Air clarity (below cloud)	Brief bursts of sun, most often lower slopes east Cumbria. Visibility varying between intermittently very good, and sometimes appalling in precipitation.
How Cold? (at 750m)	-2C rising to around 0C afternoon. Will feel as cold as minus 12C directly in the wind.
Freezing Level	400m from dawn, rising to 600-700m into afternoon, slightly higher

Lake District - Looking Ahead

	Saturday 14 March	Sunday 15 March
How windy? (On the summits) Effect of wind on you?	Southwest to westerly, ranging from 30 to perhaps for a few hours 40mph. Strenuous walking at times where exposed across higher areas. Considerable wind chill.	Southwest veering west typically between 35 and 45mph, perhaps 60mph morning. Risk strengthening further toward dusk. Continued difficult walking and wind chill significant on exposed higher areas. Expect balance, and in places general mobility to be difficult.
How wet? (Precipitation and its impact)	Hail and snow showers. Showers: may be frequent (sometimes merging one into another and whiteout) morning, but should gradually ease. Expect hail and above 450m, snow.	Rain morning; clearing to showers Morning: Extensive rain. Middle of day: Clearing from west, but the rain finishing as snow above 600m Afternoon: Hail and snow showers (rain lower slopes). Chance isolated thunder.
Cloud on the hills? Chance of cloud free summits?	Almost constantly covering higher fells; lowest cloud base morning Varied cloud base: sometimes below 300-450m near precipitation but periods when most cloud above 600 to 800m. Generally highest cloud base north and northeastern fells. 30%	Fells covered morning; then cloud base rising markedly Morning: Blanket of fog across the fells, breaks to 600m north lakes. Middle of day: Beginning to improve. Into afternoon: Varying cloud base, between occasionally 500m near precipitation and otherwise 750 to 900m. Less than 10% morning; later 40%
Sunshine? Air clarity (below cloud)	Glimpses of sun, mainly lower slopes northeast Cumbria. Hazy, and very poor visibility in snow	Dull and misty morning. Then improving to patchy sun (mainly well inland) and mostly good visibility (abruptly poor in precipitation).
How Cold? (at 750m) Freezing Level	0C. Will feel as cold as minus 12C directly in the wind. 750m	4C dropping to 1C. Will feel as cold as minus 12C where exposed to the wind. Above the summits morning, then dropping to between 450 and 650m.

Planning Outlook**All mountain areas of Britain from Saturday, 14 March, 2026**

Further bouts of upland gales over the next few days. Precipitation on most mountains daily, focussed on western hills. Freeze thaw cycles will occur: on the Scottish Highlands, thaw periods fairly brief and snow accumulating on many slopes. Further south, lying snow more intermittent as periods of thaw will be lengthier. Temperature levels will rise from about next Tuesday and as pressure then builds, most or all mountain areas will then become largely fine.

Forecast issued at 13:05 on Thursday, 12 March, 2026

Forecasts are issued daily by 16:30 and are kept under review and amended as necessary. However, expected conditions can still change after issue. © Copyright Mountain Weather Information Service, 2026.